

### Welcome to the 11<sup>th</sup> issue of our Newsletter

Since our last Newsletter, we have welcomed Natalie Martin as MCN Coordinator. Natalie will work across both the Diabetes and Respiratory MCN along side Wenyi Zhou as MCN Secretary, who we welcomed in our last edition.

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## Diabetes Managed Clinical Network Professional Education Conference 2023

We hosted our annual professional education conference this year virtually via MS Teams.











The event was hosted by SHSC and sponsored by AstraZeneca.

There was a total of 126 attendees registered for Day 1 and 105 registered for Day 2.



Highlights

### Topics, Questions, Recordings and Slides — Links for your convenience

Day	Date	Time	Attendees	Programme	Recording	Slides	Q&A
<b>DAY 1</b> Tuesday 6th June 2023 13:00-16:00		110 attendees	 <a href="#">Programme</a>	 <a href="#">Recording</a>	 <a href="#">Slides</a>	 <a href="#">Q&amp;A</a>	
<b>DAY 2</b> Wednesday 14th June 2023 09:30-12:30		105 attendees	 <a href="#">Programme</a>	 <a href="#">Recording</a>	 <a href="#">Slides</a>	 <a href="#">Q&amp;A</a>	

### Lothian Diabetes MCN Clinical Practice Meetings — aimed at Primary Care Teams

#### When?

**4<sup>th</sup> Monday of each month**  
**12:30 – 13:30**  
**MS Teams**  
(excluding July and Dec)



#### Want to register?

Email: [wenyi.zhou@nhslothian.scot.nhs.uk](mailto:wenyi.zhou@nhslothian.scot.nhs.uk)

You will be added to the CPM Teams Channel where you can access meeting invites, relevant files and previous recordings.

#### Future Topics

The next meeting will take place on **Monday 26th June** which will be presented by Kathryn Linton on “The Diabetic Foot — Painful Neuropathy”.

Continuous Professional Development

**August**

Revision of the Primary Care Type 2 Diabetes Prescribing Algorithm

**September**

Diabetes Prevention and Mental Health

**October**

NHS Ayrshire GP: Award winning GC project

**November**

Doctor as a Patient experience: Gestational Diabetes and Evidence based dietetics advice for patients at risk or living with diabetes during pregnancy.

Your opportunity to



Scan QR code

Keen to catch up on missed sessions? Email [wenyi.zhou@nhslothian.scot.nhs.uk](mailto:wenyi.zhou@nhslothian.scot.nhs.uk)

#### Motivational Interviewing — eLearning via NES

**TURAS**

As we continue to shift towards shared decision making, realistic medicine and patient centred care, there is a need to engage the patient in conversations about behaviour change. If you've ever wondered how to do Motivational Interviewing (MI), NES TURAS has some introductory e-learning modules around the skills and fundamental principles of MI.



eLearning

[Module 1](#) — The foundations of MI

[Module 2](#) — The strategic elements of MI

[Module 3](#) — Assessment

Please note, you will need to log in to Turas Learn to access the modules.

#### Lilly Webinars & GLP-1 RA Workshops

Developed and delivered by *Lilly* with involvement from local NHS specialists.

**New 2023/24 programme coming soon!** We will inform once the programme is ready.



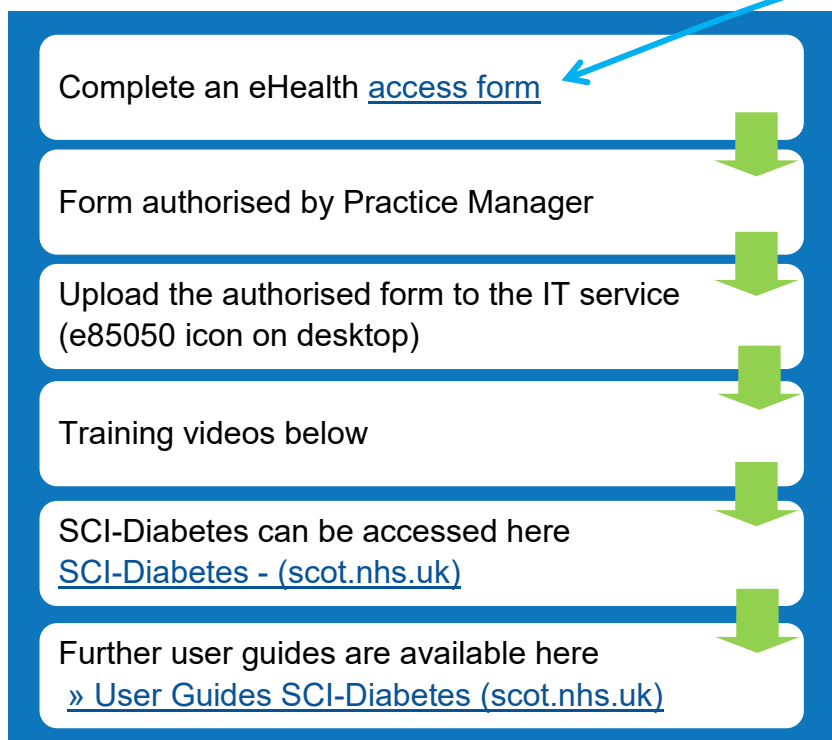
### SCI-Diabetes - Dashboard Functionality

The purpose of the SCI-Diabetes dashboard is to allow you to review how well any patient population is performing in real time, and to allow you to identify where improvements can be made.

37.5%		2.3%		< 75%	75-85%	> 85%
100%		-		< 50%	50-58%	> 58%
33.3%		33.3%		< 25%	25-30%	> 30%
16.7%		22.2%		> 35%	25-35%	< 25%
12.5%		0.8%		< 75%	75-85%	> 85%
50%		33.3%		< 60%	60-75%	> 75%
0%		0.3%		< 75%	75-85%	> 85%
Pending		Pending		< 60%	60-75%	> 75%
6.3%		0.5%		< 75%	75-85%	> 85%
6.3%		0.5%		< 75%	75-85%	> 85%

### How to request access to SCI-Diabetes Dashboard

Using Data to Improve Outcomes



#### Note to Practice Managers Section 2

System:

Other Systems

Additional Information:

SCI-DIABETES LOTHIAN WIDE GP

### Video Guides



[Part 1 — Introduction to the SCI-Diabetes Dashboard](#)



[Part 2 — Using the Dashboard](#)



[Part 3— Analysis of Processes of Care](#)

Excellent Dashboard for QI purposes at a practice, cluster Lothian or National level.

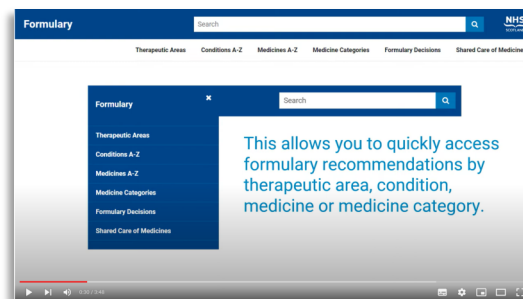
- Ian Kelt, GP

### New East Region Formulary Platform Launched

The East Region Formulary has now officially launched their platform which consists of a purpose-built website and mobile app. The platform, which has been tested within Lothian, has now been rolled out across the full region and provides a flexible approach to browsing formulary content.



[www.formulary.nhs.scot/east](http://www.formulary.nhs.scot/east)



**Click to watch user guide!**

This site provides guidance on appropriate and cost-effective prescribing for general practice and hospitals in NHS Borders, NHS Fife and NHS Lothian. The condition-based format aligns formulary recommendations to the treatment of patients.

### Continuous Glucose Monitoring (rtCGM) — Dexcom ONE

#### When to prescribe:

For continuous glucose monitoring in adults and children greater than 2 years, under the same criteria as FreeStyle Libre Scottish Diabetes Group Guidance. Dexcom ONE is reserved for patients who experience difficulties with FreeStyle Libre 2. Dexcom ONE is also included on the formulary for pregnant women with Type 1 Diabetes in line with Scottish Health Technology Guidance.

#### DEXCOM ONE rtCGM SYSTEM COMPONENTS



##### Sensor with auto-applicator

- Auto-applicator inserts the sensor just beneath the skin
- Measures glucose levels for up to 10 days
- Water-resistant (e.g. shower, swimming)<sup>†</sup>



##### Transmitter

- Fixed to the top of the sensor
- Sends data wirelessly to a compatible smartphone<sup>††</sup> or receiver<sup>\*\*</sup>
- Up to 3-month battery life (will be reused across multiple sensors)



##### Dexcom ONE app

- Displays glucose readings and trends
- Provides optional notifications for low and high glucose levels
- Compatible with a selection of Android and iOS smartphones<sup>††</sup>

### East Region Formulary Update



[Formulary | East Region Formulary \(nhs.scot\)](http://Formulary | East Region Formulary (nhs.scot))

### Additional Information

#### GPs

**Dexcom sensors and transmitters should both be prescribed and are now available for electronic prescribing on Vision/EMIS.**

#### Community Pharmacies

Dexcom One products are available through pharmaceutical wholesales as detailed on their website: [Contact Us | Dexcom Healthcare Professionals](#)

#### Patients

Patients can set up and get started at: [Get started with Dexcom. Learning guides, FAQs and more | Dexcom](#)

#### Need further help?



[pharmacyuk@dexcom.com](mailto:pharmacyuk@dexcom.com)

### Management of long-term high steroid therapy

A new steroid guideline (developed by Dr Marcus Lyall and the steroid SLWG), which is aimed at all clinical health care professionals and nursing staff in NHS Lothian is now available.

The guideline is designed to provide safe, practical guidance in the screening, diagnosis and management of complications related to **long term high dose steroid therapy** initiated in primary or secondary care.

[Click to view Marcus' information session.](#)



#### The guideline covers the following:

- Long term high dose steroid therapies
- Thing to do at commencement of long term steroid therapy
- Recommendations for screening and monitoring for steroid induced diabetes
- Treatment algorithm for hyperglycaemia in the context of steroid use
- Steroid 'sick day rules' and safe steroid withdrawal
- Steroid withdrawal advice

Prescribing Guidance

### Looking for updates on medicine shortages?

NHS Lothian has a dedicated Medicine Shortages team that sits within the wider Central Services.

Their primary care shortages website can be accessed here:



[Primary Care and Community Pharmacy Shortages \(scot.nhs.uk\)](https://scot.nhs.uk)

Please scroll down the page to see the Out of Stock database, you can use keyboard shortcut CTRL+F to search a medication by name.

Semaglutide	Rybelsus	Tablets	14mg	Limited Availability	Intermittent supplies due to high demand
Semaglutide	Rybelsus	Tablets	3mg	Limited Availability	Intermittent supplies due to high demand
Semaglutide	Rybelsus	Tablets	7mg	Limited Availability	Intermittent supplies due to high demand

There are also monthly out of stock bulletins for primary care and community pharmacies:



[Out of Stock Bulletin for Primary Care and Community Pharmacies \(scot.nhs.uk\)](https://scot.nhs.uk)

The MCN team are working on a prescribing guidance in response to the shortage on oral semaglutide and Tresiba® flex pens. We hope to share the guidance within the network as soon as we can.

### Spotlight on Physical Activity

Suzy is on a mission to get Lothian active, and as we practice what we preach she shares some of her favourite resources!

#### Parkrun for the NHS

**There is still time to sign-up to be a parkrun practice!**

For more information see:

[‘parkrun for the NHS’ – celebrating the NHS’s 75th anniversary | parkrun UK Blog](#)



### parkrun for the NHS

marking the NHS’s 75th anniversary

- Saturday 8 July
- Sunday 9 July (junior parkrun)

#NHS75parkrun #NHS75

Walk, jog, run or volunteer!



Sir Andy Murray OBE is encouraging people across the UK to take part in ‘parkrun for the NHS’ to celebrate the NHS’s 75th birthday and to take steps towards a more healthy, active lifestyle.



#### RCGP Active Practice Charter — Information for Practices

Sign up to the Active Practice Charter and join the national network of practices making positive changes in their surgeries to boost staff and patient wellbeing.



[Physical Activity Hub: Active Practice Charter \(rcgp.org.uk\)](https://rcgp.org.uk)



[Active Practice Charter: Hints and Tips - YouTube](#)

#### Diabetes UK — Information for Patients

Take a look through the free collection of resources from Diabetes UK, designed to help you get moving in your day-to day-life.



[Free exercise videos, phone support and extras | Diabetes UK](#)



[Diabetes and exercise | Type 1 and type 2 | Diabetes UK](#)



[Exercise at home | Undefeatables | Diabetes UK - YouTube](#)

#### Moving Medicine Guides— Information for Practice & Patients



[Type 2 Diabetes - Moving Medicine Scotland](#)



[Patient Information Leaflet—Being active is important for your diabetes](#)